

# Your Just Desserts

## Americans Are Sweet On Georgia Peaches



**Peaches are packed with natural goodness and the kind of mouth-watering flavor that makes them a welcome addition to any recipe.**

(NAPSA)—There's nothing quite as peachy as a Georgia peach, whether you eat it as a sweet snack or serve it in a scrumptious cobbler.

Peaches are not just delicious, they're also incredibly nutritious. Major nutrients include vitamins A and C and potassium.

This succulent fruit is an excellent source of fiber and is good for blood sugar and keeping cholesterol low. A real plus for calorie counters, cholesterol-free peaches contain about 30 calories.

Georgia peaches are especially filling, making them a good snack choice. They also provide a natural plant compound called flavonoids, which research suggests may help prevent cancer and heart disease.

This delicious cobbler is a tasty way to work toward increasing the amount of fruits and vegetables you eat every day:

### Georgia Peach Cobbler

- 8 cups sliced Georgia peaches**
- 2 cups sugar**
- 3 tablespoons all-purpose flour**
- ½ teaspoon nutmeg**
- 1 teaspoon vanilla flavoring**

- ½ cup butter or margarine**
- Pastry for double-crust pie**
- Vanilla ice cream**

**Combine peaches, sugar, flour and nutmeg in a Dutch oven; set aside to allow syrup to form (approx. 15 minutes). Bring peach mixture to a boil; reduce heat to low, and simmer 10 minutes or until peaches are tender. Remove from heat and stir in vanilla and margarine.**

**Roll half of pastry to ¼" thickness; cut into a circle to fit a two-quart baking dish. Spoon half of mixture into lightly buttered baking dish; top with pastry. Bake at 475° F. for 12 minutes or until lightly browned. Spoon remaining peach mixture over baked pastry.**

**Roll remaining pastry to ¼" thickness and cut into 1" strips; arrange in lattice design over peaches. Bake an additional 15-20 minutes until browned.**

**Allow to cool slightly before serving. Serve with vanilla ice cream.**

**Serves 8.**

For more peach recipes, visit [www.gapeaches.org](http://www.gapeaches.org).